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2013

Life Changing 180 Transformation

With spring just around the corner. We are all very excited to share with you the amazing 180Challenge that we are embarking on. We have a huge promotion that the company is offering to all of you if you have any interest in seeing less of you. We are excited to share with you that we have taken the challenge and would like to have you join us and watch the inches and pounds leave your body permanently. The reason this is a wonderful way to loose inches and not see them back is the science that is behind Shaklee180. You do not loose muscle with 180 because of the patent pending formula, it helps maintain the muscle mass and keeps your metabolism at an optimal level. If you follow the program you are not hungry and you lose just fat and almost as many inches as pounds. If this sounds like something you would like to know about or join us please call us and let us share how to do it free. Have a wonderful spring as you drop all the unnecessary luggage as I call it. Nina



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ALZHEIMERS

By Mary Hammon 2008-2009

My Mom has Alzheimer's and has been living with Jeff and me for the last 10 year as she requires 24/7 care. For the first time in a few years my Mom made a sandwich for herself!! We are really starting to think that VIVIX is making a difference. Her appetite is definitely improved and she referred to me as her daughter to someone the other day! We're actually thinking of discontinuing her Aricept completely. Seems like it may be doing more harm than good? What a surprise !

We started her on VIVIX as soon as it was available to the public in August, 2008. When it went on backorder we all got off it for a month or so, maybe even 8 weeks. I'd say, in total, she's been on it for 3-4 months....maybe a bit less.

Last week my sister Maureen showed Mom her wedding photo and Mom said: "That's me!" Maureen then said: "Who's that next to you?" Mom said: "That's my husband!"

Today I showed her another photo from her wedding (a group photo) and she did recognize her father. I think I am going to give her 2 teaspoons a day and see what happens! Shared by Linda Dietz

How to order your products:

Call our office -920-452-2600. We will process your order the same day. OR www.myshaklee.com you will need your Shaklee ID—call for us for help

Hours of Business:

**Mon 10-3; Wed 10-4; Fri 10-4 10-4;
Closed Tue, Thurs, Sat and Sun**

Dean Smith Rows to new World and American Record

Dean Smith set new US and World records at the World Indoor Rowing Championship, hosted by the CRASH-B Sprints that took place on February 17, 2013 at the Agganis Arena in Boston. Over 2,200 athletes raced from more than a dozen countries, with competitors ranging in age from 14 to 95.



Dean's world record time in the 2000 meter row was 8:10.5. Just Google Dean Smith Rowing to see how he has been keeping active. Dean, a former world-class runner is used to being on the winner's podium. Previously in Masters Track & Field he won World

championship gold medals in Hanover, Germany and Gothenburg, Sweden for the 800 meter run, as well as several national championships. Bad knees brought an end to Dean's running a few years ago, so he was delighted to find a new sport in which to compete. He joined the Rocky Mountain Rowing Club when he moved to Lone Tree, Colorado seven years ago. Since then he has won NINE World Championships in sculls on the water in Zagreb, Croatia, Vienna, Austria, Birmingham, England and Vilnius, Lithuania.

Dean is a young 86. He attributes his edge for success to using Shaklee Sports Products..

I was really glad to get the hand and body lotion back in my house because I had been without it for awhile and my skin had become a dried up prune, and in a matter of about 2 days, I was no longer dried out and itchy, not quite 100% but getting there. Jen Lewis

"My husband, Budd, started taking Vitalizer last December. He is feeling more energetic & even his fingernails are stronger & healthier!" -- Cindy B.

"We didn't get our water softener until after we had lived in our new house for 2 months. There was quite a build-up of hard water stains in our master bath shower. I used Scour Off & the Super Microfiber Dish Sponge on the stains, & it worked great!" --

"We have used a Brita water pitcher for years. Two days ago we began using our Shaklee water pitcher & the water tastes better!" -- Cindy B.

Vitalizer

I started on Vitalizer in the spring, stayed quite healthy throughout the year even though exposed to everyday sicknesses. I felt pretty confident that it was the Vitalizer that gave me that extra boost to fight infection. When winter came I wondered how well it would keep working, not that I doubted. Well it turned out I was able to miss many illnesses even while working with preschoolers. Then Christmas break came & there was a shipping issue. I ran out of Vitalizer. I was a little worried & my gut was right because two days later with no Vitalizer I WAS SICK! I went 6 days without my vitamins, finally when they arrived at my house, I took that strip as quickly as I opened the box. By the end of the second day, I was already at 90%, it made a HUGE difference. Danelle Bonnell, Valparaiso, IN



*I recently started a protein shake program with a well known fitness club in my area. I starting having very severe hot flashes along with sweating and a pounding heart beat. I was talking to Pat Evans about it and she starting asking lots of questions, such as what ingredients were in it. Well as it turned out it had some artificial flavoring in it along with other ingredients that were questionable. I stopped taking it, and the very first day, I got relief. By the second and third day the symptoms were gone completely. Think I will do the Shaklee 180 shake the next time. LOL
Cathy Lattanzi, DeMotte, IN*

Colitis...Diverticulitis...Crohns

February of 2008 I was diagnosed with Colitis and Diverticulitis, but tests also showed a possibility of Crohns. I was on various medications throughout 2008 and 2009 with nothing really helping.

Then one day in late January of 2010 Amber called and talked to me about VIVIX and offered to send more information along with testimonials.

After reading the material, I ordered VIVIX and after a month thought it was not going to help me but I remembered Amber saying to try it at least for three months. I started taking VIVIX in February and after two months I could see improvement and by three months I was symptom free and I still am nearly a year later.

Before taking VIVIX I had diarrhea, bloody stools, and mucus discharge to the point I did not leave the house but for a short time. I was basically living on toast and yogurt and drinking only water. I had no energy. Now I watch my diet but I can eat most things and still drink mostly water but occasionally have tea or a soda. I am now able to do my regular activities.

I am so thankful for that call from Amber in 2010 !!
Louise Branch



- Six yrs ago, Jan. 2006
- Weighed 183 lbs
- Wearing tight size 16
- Refusing to again buy next size
- Went to Weight Watchers
- Over 1 year, lost 28 lbs
- Only down to size 14
- Most weight still around belly



- Today, Jan. 2013
- Wear size 8s and 6s
- Weight 134 lbs
- Have lost "belly"
- Gone is my "medically unexplainable" overall body and joint pain
- Have loads of energy, loving my Tai Chi and... this Mom of two is thrilled to be keeping up with them and with the three young grandkids!

THYROID

There are so many things that effect the thyroid gland, protein, minerals, stress, allergies, viral damage, chemical toxicity, radioactive exposure and the list goes on. Certainly some soy products fall into this list especially Textured Soy Protein (meat substitute). Again I have to defer to Shaklee's process for isolating the protein, an enzymatic digestion step in the processing deactivates the "anti-tyrosine" compounds found in RAW soy eliminating any potential risk. Growth & thyroid function are not inhibited by consuming Shaklee's soy protein; the pro-goitrogenic factors are removed; tyrosine levels are NOT effected.

Personally I was diagnosed with hypothyroidism about nine years ago, I'd never knowingly had soy protein in my life. I started taking the prescribed synthetic thyroxin and was told that I would be taking it for life. Fast forward four years, I decided that I was not going to be dependent on the drug companies for my wellness and I stopped taking the drug. Well my thyroid levels shot up, I had less energy and started gaining weight (I was already over weight). This was about the time that Linda found Shaklee so I decided to see what I could do about this condition naturally. I started by replacing my usual breakfast with a Shaklee protein shake and I started taking a product they call Stress Relief Complex, Dr. Richard Brouse told me that the two products would most likely stabi-

would most likely stabilize my thyroid problem. About 9 months after starting this regiment I had my blood tested and low and behold my thyroid levels were the same as they were when I was on the drug. I've been on this regiment for almost 5 years now, getting my blood tested every April, and my thyroid levels have remained right where they should be. I have to admit that there have been a few side effects from taking the Shaklee products instead of the drug. I have more energy, I sleep better and Linda says I'm less grouchy. Oh and thanks to the Shaklee 180 Turnaround program I've lost 60 pounds and my BMI is 23.

Be the Change! Steve Bennett

Customers with **Macular Degeneration** who are using only one Shaklee Product, VIVIX, consistently report one of two things:

1. Their eye sight has not deteriorated at all after using VIVIX for 4 months. They continue using 1 tsp a day, and their quarterly appointments continue to show no more loss of vision.
2. OR, their vision continues to slightly improve.

Their Eye Doctors are telling them to keep on doing what they are doing!

Gordon's Eyesight Improves

Gordon (87) is Roy's cousin who lives in Indiana. After he heard about all of Roy's health "miracles" he decided to try VIVIX. His wife thought it was a waste of money, but he continued taking it. In his 12th month using VIVIX he was having trouble with his eyesight. His visit to the ophthalmologist showed him that the reason is vision was "off" was because his eyesight had IMPROVED! He needed a weaker prescription!

EYESIGHT IMPROVES: My sister has been using VIVIX for a couple of months. She is a wildlife artist & told me yesterday that she didn't need her reading glasses as much when she is painting up close in detail! Barb Heller

Pocket Growing on His Retina: Randy Stamey, Blairsville, GA As a result of my Chiropractor's recommendations and Randy started using VIVIX in January, 2011. Eleven months later Randy shared with me his good news. In the examination he had just last week, his doctor told him that the **pocket that had been growing on his retina had completely disappeared.** Randy was very pleased to let me also know that **he needed new glasses because his vision had improved!!**

STRAWBERRY SURPRISE

2 scoops Strawberry 180
smoothee mix
8 oz water or more depending on
how thick you prefer it
½ cup pineapple chunks with
juice
1/3 banana
¼ cup greek yogurt
1 ½ to 2 cups of raw spinach
Ice
Blend in Ninja but can use
blender or magic bullet
Did not taste spinach...that's why
I'm calling it Strawberry Surprise
Jan Hepner, Beavercreek, OH



Berry Bliss

2 scoops Vanilla 180 mix
8 oz Milk

¼ c. Blueberries (can be frozen)
¼ c. Strawberries (can be frozen)

¼ Banana (optional)

Ice - if fruit not frozen

THIS MONTH'S PRODUCT HIGHLIGHT

Vita-E Complex....Are you taking enough of the 'Super Vitamin'??

Dr. Forrest C. Shaklee was once asked if he could only choose one, which vitamin would he take with him to a desert island? His answer... Vitamin E. Why?? Because according to Dr. Shaklee, Vitamin E has more power to keep the body healthy than any other nutritional element.

What issues can this 'Super Vitamin' help with...circulation and cardiac issues (arterial blockage, blood pressure, stroke, coronary thrombosis, angina), prevents heart disease by up to 75%, anemia, improves energy, strength and stamina, respiratory issues, wound healing, varicose and spider veins, hot flashes, menopause/hormonal concerns, menstrual irregularities, fibrocystic breast disease, preventive measure against disease/cancer, reduces risk of colon, lung and prostate cancer, slow the



aging process, kidney disease, blockage of bile duct, fat absorption problems, hypothyroidism, muscle degeneration, arthritis, pancreatitis, gastro-intestinal disorders, infertility, liver disease, peptic ulcers, muscular dystrophy, cystic fibrosis, parkinson's disease, eases pain of Fibromyalgia, lowers occurrence of macular degeneration, slows the rate of joint deterioration in osteoarthritis patients plus much more!!

The Shaklee Difference...Shaklee uses the most expensive, natural form of Vitamin E (d-alpha tocopherol...synthetics use di-alpha tocopherol or l-alpha tocopherol) therefore It is more biologically active and more easily assimilated and retained by the body which means more antioxidant protection. Shaklee's **Vita-E Complex** also contains selenium plus grape seed extract. .

Vita-E Complex 120 softgels #20112 \$34.70
Remember that Shaklee **Vitalizer** contains 200 IU of Vitamin E in each daily strip!!